

## **Step 6, Group 1**

**We are ready, with the help of the Creator to change.**

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have Integrity

**Step 6 Calls us to WILLINGNESS.**

**We have learned a great deal about ourselves through Steps 4 and 5:**

- IF we took the Steps seriously!
- If we chose a strong support person.
- If we turned to the Creator.

**Step 6 asks us IF we are really ready to change.**

**What would your life look like IF:**

- You continue to stop substance abuse?
- You are faithful to your partner?
- You learn to manage your anger?
- You deal with your grief in a healthier way?
- You let go of your arrogance?
- You let go of your hatred?
- You let go of your resentments?
- You let go of your jealousies?
- You let go of self pity?
- You let go of laziness?
- You stopped being the center of everyone's attention?
- You stopped being stingy?
- You stopped being two-faced?

## Readiness to Change

What does "change" mean?

Check off:

- 0% "I don't need to change"
- 0% "I won't"
- 10% "I can't"
- 20% "I don't know how"
- 30% "I wish I could"
- 40% "I'll think about it"
- 50% "I think I might"
- 60% "I might"
- 70% "I think I can"
- 80% "I can"
- 90% "I will"
- 100% "I did"

## **Step 6, Group 2**

**We are ready, with the help of the Creator to change.**

Step 1 Calls us to be Honest

Step 2 Calls us to have Hope

Step 3 Calls us to Faith

Step 4 Calls us to have Courage

Step 5 Calls us to have Integrity

**Step 6 Calls us to WILLINGNESS.**

**Step 6 asks us IF we are really ready to change.**

- **Ask yourself:**
  - **At what level of “willingness to change am I?”**
    - **I wish I could change...**
    - **I want to change...**
    - **I think I can change...**
    - **I will try to change...**
    - **I will change...**
  - **What keeps you from changing your life?**
  - **What are the barriers to your peace of mind and happiness.**

**Draw a picture of yourself “letting go” and being really free from your:**

- Secrets
- Insecurities
- Needing to control others
- Guilt
- Shame

What would you look and feel like?

Step 6, Group 3

**We are ready, with the help of the Creator to change.**

Step 1 Calls us to be Honest

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**Step 6 Calls us to WILLINGNESS.**

Are we truly “ready” in our heart and mind to let go of our character weaknesses?

This means that we do more than give “lip” service to sobriety. Too often we say to ourselves and others “I want to, but I “can’t.” “It’s too hard for me. List some behaviors that are “too hard” to let go of:

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Now, share these in the group.

Lets “mind-map” the virtue of “willingness” to change.

**Willingness to Change**

## **Ticket, Group 1**

### Ticket, Group 2

Welcomed Sobriety Circle clients this morning and opened session with the Serenity Prayer. Continued processing/discussion of Step 6 of the 12 Steps. Clients were asked to identify “barriers” to taking the risks involved with Step 6. Clients engaged in an art project where they illustrated personal barriers to change. These drawing were then shared with peers. Good group process.

#### **Plan:**

- Continue group process/discussion of Step 6 of the 12 Steps.
- Continue peer support of sobriety.

#### **Individual Note:**

Client willing to identify personal barriers which limit fully exploring Step 6. Encouraging to peers.

### Ticket, Group 3

Welcomed Sobriety Circle this morning and opened session with the Serenity Prayer. Continued group work on understanding and implementing Step 6:

**We are ready, with the help of the Creator to change.**

Talked with group about the “yes, BUT” attitude we sometimes assume because of our fears and insecurities. We are “afraid” to let go of our character weaknesses because we have lived with them a long time, they have supported

addiction, and our fears of the future. Are we truly “ready” in our heart and mind to let go of our character weaknesses? This means that we do more than give “lip” service to sobriety. Too often we say to ourselves and others “I want to, but I “can’t.” “It’s too hard for me.” Clients were asked to list the behaviors/weaknesses they cling to with peers.

**Individual Note:**

Client attentive and willing to engage with peers. Found it hard to reveal personal weakness to peers.

**Plan:**

- Continue 12 Step of AA study with Step 7.
- Continue positive peer support and encouragement.

**Ticket – Mind Mapping**

Welcomed Sobriety Circle members this morning and opened session with the Serenity Prayer. Reviewed Step 6 “We are ready with the help of the creator to change.” Previous groups discussed/processed the barriers to change toward living in sobriety. This session we mind-mapped “willingness” to explore the groups many perspectives. Good group participation. Members liked this method of sharing and explaining their thoughts.

**Plan –**

- Begin Study and discussion of Step 7 of the 12 Steps of AA.
- Continue encouraging active listening and connection between group members.

was able to contribute to group process and discussion. Willing to initiate own ideas.